



Australia Bench Records

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7/4/2023

Weight Class: 48 / 105 Female				
Division	Bench Press	Name	Resides	Date
Open	45.0 kgs / 99.2 lbs	Holly Shannon	Australia	4/2017
20-24	45.0 kgs / 99.2 lbs	Holly Shannon	Australia	4/2017

Weight Class: 52 / 114 Female				
Division	Bench Press	Name	Resides	Date
Open	70.0 kgs / 154.3 lbs	Steph Nesich	Australia	11/2017
20-24	70.0 kgs / 154.3 lbs	Steph Nesich	Australia	11/2017

Weight Class: 56 / 123 Female				
Division	Bench Press	Name	Resides	Date
Open	85.0 kgs / 187.3 lbs	Elizabeth Craven	Australia	10/2018
20-24	50.0 kgs / 110.2 lbs	Bree Smith	Australia	11/2017
40-44	85.0 kgs / 187.3 lbs	Elizabeth Craven	Australia	10/2018

Weight Class: 60 / 132 Female				
Division	Bench Press	Name	Resides	Date
Open	55.0 kgs / 121.2 lbs	Molly Daly	Australia	11/2017
18-19	55.0 kgs / 121.2 lbs	Molly Daly	Australia	11/2017

Weight Class: 67.5 / 148 Female				
Division	Bench Press	Name	Resides	Date
Open	65.0 kgs / 143.2 lbs	Teena Kitt	Australia	11/2017
20-24	62.5 kgs / 137.7 lbs	Brooke Rodwell	Australia	11/2017
40-44	30.0 kgs / 66.1 lbs	Alison Dwyer	Australia	4/2017
45-49	65.0 kgs / 143.2 lbs	Teena Kitt	Australia	11/2017

Weight Class: 75 / 165 Female				
Division	Bench Press	Name	Resides	Date
Open	95.0 kgs / 209.4 lbs	Jesse Akister	Australia	10/2018
20-24	60.0 kgs / 132.2 lbs	Megan Edwards	Australia	4/2017
35-39	85.0 kgs / 187.3 lbs	Kelli Fagan	Australia	10/2018
45-49	65.0 kgs / 143.2 lbs	Leanne Knox	Australia	10/2018

Weight Class: 82.5 / 181 Female				
Division	Bench Press	Name	Resides	Date
Open	85.0 kgs / 187.3 lbs	Darlene Phan	Australia	10/2018
20-24	70.0 kgs / 154.3 lbs	Alex Forrest	Australia	4/2017

35-39	60.0 kgs / 132.2 lbs	Amy O'Neill	Australia	4/2017
50-54	52.5 kgs / 115.7 lbs	Jane Harding	Australia	11/2017

Weight Class: 90+ / 198+ Female

Division	Bench Press	Name	Resides	Date
Open	72.5 kgs / 159.8 lbs	Christina Testa	Australia	4/2017
35-39	62.5 kgs / 137.7 lbs	Anna Zahle	Australia	11/2017

Weight Class: 56 / 123 Male

Division	Bench Press	Name	Resides	Date
Open	30.0 kgs / 66.1 lbs	Thomas Rupic	Australia	11/2017
11 and under	30.0 kgs / 66.1 lbs	Thomas Rupic	Australia	11/2017

Weight Class: 67.5 / 148 Male

Division	Bench Press	Name	Resides	Date
Open	132.5 kgs / 292.1 lbs	Ross Rickards	Australia	10/2018
20-24	107.5 kgs / 236.9 lbs	Russell Stockdale	Australia	11/2017
40-44	132.5 kgs / 292.1 lbs	Ross Rickards	Australia	10/2018

Weight Class: 75 / 165 Male

Division	Bench Press	Name	Resides	Date
Open	105.0 kgs / 231.4 lbs	Alpi Parim	Australia	11/2017
14-15	90.0 kgs / 198.4 lbs	Riley Achammer	Australia	11/2017
18-19	80.0 kgs / 176.3 lbs	Abraham Daly	Australia	11/2017
20-24	82.5 kgs / 181.8 lbs	Jesse Dominos	Australia	3/2017

Weight Class: 82.5 / 181 Male

Division	Bench Press	Name	Resides	Date
Open	157.5 kgs / 347.2 lbs	Matthew Rodwell	Australia	11/2017
18-19	157.5 kgs / 347.2 lbs	Matthew Rodwell	Australia	11/2017
20-24	127.5 kgs / 281.0 lbs	Lachlan Josey	Australia	4/2017
45-49	145.0 kgs / 319.6 lbs	Adrian Brogan	Australia	10/2018

Weight Class: 90 / 198 Male

Division	Bench Press	Name	Resides	Date
Open	150.0 kgs / 330.6 lbs	Josh Cogoi	Australia	4/2017
20-24	150.0 kgs / 330.6 lbs	Josh Cogoi	Australia	4/2017
35-39	90.0 kgs / 198.4 lbs	Renald McQueen	Australia	3/2017

Weight Class: 100 / 220 Male

Division	Bench Press	Name	Resides	Date
Open	160.0 kgs / 352.7 lbs	Josh Cogoi	Australia	11/2017
20-24	160.0 kgs / 352.7 lbs	Josh Cogoi	Australia	11/2017
40-44	110.0 kgs / 242.5 lbs	Robbie Rees	Australia	3/2017
50-54	145.0 kgs / 319.6 lbs	Eric Dumas	Australia	10/2018

Weight Class: 110 / 242 Male

Division	Bench Press	Name	Resides	Date
Open	155.0 kgs / 341.7 lbs	Gavin Turrell	Australia	10/2018

18-19	120.0 kgs / 264.5 lbs	Chris Braidwood	Australia	11/2017
20-24	125.0 kgs / 275.5 lbs	Joel Czurlowski	Australia	11/2017
50-54	155.0 kgs / 341.7 lbs	Gavin Turrell	Australia	10/2018

Weight Class: 125 / 275 Male

Division	Bench Press	Name	Resides	Date
Open	195.0 kgs / 429.8 lbs	Anthony Krznar	Australia	10/2018
20-24	195.0 kgs / 429.8 lbs	Anthony Krznar	Australia	10/2018
45-49	175.0 kgs / 385.8 lbs	John Wallin	Australia	11/2017

Weight Class: 140 / 308 Male

Division	Bench Press	Name	Resides	Date
Open	115.0 kgs / 253.5 lbs	Declan McIndoe	Australia	3/2017
20-24	115.0 kgs / 253.5 lbs	Declan McIndoe	Australia	3/2017